|  |  |
| --- | --- |
|  |  |
| S:\All Staff Info\Logos\CHS Logo notype.jpg | The Employee Enhancement Newsletter Helpful Resources from Your Employee Assistance Program, sponsored by Catholic Human Services. |
| May is Mental Health Month  Newsletter |  |
| In This Issue  May is Mental Health Month  A Quick Exercise to Keep Your Mind Grounded  [This Photo](http://www.creamylife.com/floral-art/9741/sunday-blooms-lilacs.html) by Unknown Author is licensed under [CC BY-ND](https://creativecommons.org/licenses/by-nd/3.0/)  We are committed to Employees, Building a Collaborative Environment, Promoting Dialogue & Implementing Solutions  Contact Us  Catholic Human Services EAP Program  (231) 947-8387  We welcome your inquiries.  The EAP provides counseling, information and referrals for employees and their immediate family members. This program is ideal for people experiencing personal distress or simply seeking to improve health and well-being.   * It’s free. * It’s confidential * It’s short-term, solution focused counseling. | **May celebrates Mental Health Month**  It’s more important than ever to focus on our mental health. With everything going on in the world people are struggling with anxiety and depression. It’s a good time as any to remind ourselves to take care of our minds.   1. Mental Health is health. Put your mental health as the top priority for the month. After a few weeks of prioritizing your mind, how you are feeling and what you are thinking will help you become more ingrained into listening to yourself and how you are doing, it will become more a part of your daily routine. 2. It’s an opportunity to take a mental health screen. It’s free and confidential. It’s always helpful to check-in with yourself and get the resources that help you live your best life. There are tests for depression, anxiety, psychosis, bipolar, PTSD, eating disorders and addiction. It only takes a few minutes and gives you information on how to best look at your stressors and get the help if you need it. We can be reached at: **EAP – 231-947-8387 OR 231-947-8110, 1000 Hastings, Traverse City.** We are here to support you. 3. All of those hidden aspects of your mental health that maybe you have not addressed before could now be front and center in your life. Now is an opportunity to face any new or old struggles. 4. Mental Health Month is over 70 years old. There have been a lot of changes in the mental health world. We have easier access to therapy; community resources are available and treatment options are immense. Your mental health is something to care about and your EAP is there to help you. 5. With awareness, we defeat stigma. Check in with the people you love and feel safe with. Create a self-care routine that offers you an opportunity to thrive. You are a work in progress. Make it positive. Move your body. Find a new hobby. Use meditation to help manage your stress. 6. Write it out. Journaling is a great way to take care of your mind. Putting those feelings, words, or ideas into writing is like clearing it from your head and it lets you reflect and move on from those. It can be so helpful. 7. Connect with others, reach out to people that you know are struggling with the same types of challenges as you. Plan of how you can take care of yourself. 8. And “practice gratitude.” Being grateful has been shown to positively impact the way your brain functions. So list 2-3 things that you are thankful for right now. Listing out those things every day will help you see the bigger picture and begin to feel better. 9. Breathe some fresh air. Go for a walk, sit in your yard, porch or balcony. Go to a park or drive by the lake with your windows down. 10. Create a positive space and build a good routine. Have a space where you can feel calm, productive and grounded. Do your best to build a routine that you can follow at home. Makes meals healthy, take a shower, get dressed and end your work day if you are working from home.   [This Photo](https://en.wikipedia.org/wiki/File:Mental.png) by Unknown Author is licensed under [CC BY-SA](https://creativecommons.org/licenses/by-sa/3.0/)  **A Quick Exercise to Keep Your Mind Grounded**  It’s hard to have two different thoughts in your head at one time. The goal  is to focus on the here and now. Sometimes we have to tell our mind to “Stop it.” Practice either of the 2 strategies below.   1. Touch is a powerful force for keeping your mind in the here and now.  * Use your surroundings, if you are on a walk, touch a fence or wall. If you are in the car, feel your seat or the door. If you are trying to sleep, feel the pillow on your face.  1. Get in touch with your human senses. You can talk through each of your senses.  * I feel\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(I feel my toes) * I hear\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (I hear the cars) * I smell\_\_\_\_\_\_\_\_\_\_\_\_\_(I smell the flowers) * I taste\_\_\_\_\_\_\_\_\_\_\_\_\_\_(I taste the apple) * Talk through it until you feel your mind and body calm down. Use words of affirmation like, “I’ve got this” or “I’m going to be ok.”   TAKE CARE OF YOURSELF - BE SAFE  **We welcome your inquires. 231-947-8387** |
|  |  |